

Tennis

TENNIS FOR TOTS AND YOUNG STARS TENNIS

Both programs will introduce students to tennis through the QuickStart format. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Court One Instructors. 6 sessions.

FEES: \$26/Res; \$35/Non-Res

Tennis for Tots (Ages 3-4)

Activity #113171A	10/6-11/10	Wed	4:30-5 pm	Court One North
Activity #113171B	10/9-11/13	Sat	11-11:30 am	Court One North

Young Stars Tennis (Ages 5-7)

Activity #113172A	10/6-11/10	Wed	5-5:30 pm	Court One North
Activity #113172B	10/9-11/13	Sat	11:30-12 pm	Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking to better their game through match play, match strategy, drill sessions, and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. The program is in cooperation with Court One. Court One Instructors. 8 sessions. No class 11/20 or 11/27.

Activity #113173A	10/9-12/11	Sat	12-2 pm	\$90/Res; \$130/Non-Res Court One North
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NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately – even if they have never picked up a racket before. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Court One Instructors. 8 sessions. No class 11/19, 11/20, 11/26, 11/27.

FEES: \$35/Res; \$55/Non-Res

Activity #113174A (Ages 13-18)	10/9-12/11	Sat	12-1 pm	Court One North
Activity #113174AA (ages 13-18)	10/9-12/11	Sat	1-2 pm	Court One North
Activity #113174B (Ages 8-12)	10/8-12/10	Fri	6-7 pm	Court One North
Activity #113174BB (Ages 8-12)	10/8-12/10	Fri	7-8 pm	Court One North



Golf

The City of Lansing owns and operates Groesbeck Golf Course, 1600 Ormond Street. Groesbeck offers riding carts, rentals, leagues and outings. A full snack bar service is also available. For more information, please call 483-4232 or for starting times call 483-4333.

Martial Arts

KARATE (Ages 5-Adult)

A family activity or study opportunity for any individual; taught on an individual basis to build self-confidence and teach stress management, composure and self defense through the art of Sanchin-Ryu; where each person will advance at their own pace. Instructor: Sanchin Systems.

Jr. Karate (Ages 5-13)

Activity #116775A	9/27-11/29	Mon	6-7 pm	FEES: \$20/Res; \$25/Non-Res Southside (Hill)
Activity #112775A	10/5-12/7	Tue	6-7 pm	Foster
Activity #113113A	9/27-12/15	Wed	6-7 pm	Gier
Activity #114110D	9/30-12/16	Thu	6-7 pm	Letts

Individual Karate (Ages 5-17)

Activity #116777A	9/27-11/29	Mon	7-8:45 pm	FEES: \$35/Res; \$40/Non-Res Southside (Hill)
Activity #112777A	10/5-12/7	Tue	7-8:45 pm	Foster
Activity #114110C	9/30-12/16	Thu	7-8:45 pm	Letts

Individual Karate (Adults)

Activity #116777B	9/27-11/29	Mon	7-8:45 pm	FEES: \$35/Res; \$53/Non-Res Southside (Hill)
Activity #112777B	10/5-12/7	Tue	7-8:45 pm	Foster
Activity #114110B	9/30-12/16	Thu	7-8:45 pm	Letts

Karate for the Family

FEES: \$70/Res Family; \$75/Non-Res Family (All Ages - 5 & under must be accompanied by a parent/guardian)				
Activity #112776A	9/27-11/29	Mon	7-8:45 pm	Southside (Hill)
Activity #112776A	10/5-12/7	Tue	7-8:45 pm	Foster
Activity #114110A	9/30-12/16	Thu	7-8:45 pm	Letts

TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master, Sidney Singer. 10 and 9 sessions. No class 10/28, 11/11, 11/18, 11/25. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & White Belt Students

Activity #112779A	9/30-11/4	Mon/Thu	6:45-7:45 pm	\$25/Res; \$30/Non-Res Foster
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Advance Students (Yellow thru Black Belt)

Activity #112779B	9/30-11/4	Mon/Thu	6:45-8:45 pm	\$50/Res; \$55/Non-Res Foster
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Beginning & White Belt Students

Activity #112779C	11/8-12/16	Mon/Thu	6:45-7:45 pm	\$25/Res; \$30/Non-Res Foster
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Advance Students (Yellow thru Black Belt)

Activity #112779D	11/8-12/16	Mon/Thu	6:45-8:45 pm	\$50/Res; \$55/Non-Res Foster
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TRADITIONAL JAPANESE MARTIAL ARTS-HAKUHO RYU AIKIBUDO (Adults)

The Hakuho Ryu curriculum is a form of classical defense and fitness for both men and women which relies on position and gravity rather than muscular strength. Through movement drills, technique training and meditation, participants learn to become more aware of their bodies internally as well as externally. In this course you will learn a whole new way to move your body, including how to walk. Instructors: Rodney and Mitsuko Uhler, Shihan. 6 classes.

Activity #116780A	10/2-11/6	Sat	9-10:30 am	\$40/Res; \$60/Non-Res Southside (Hill)
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